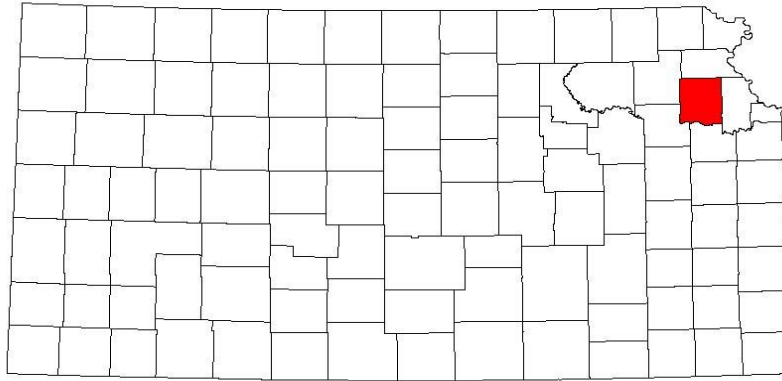


JEFFERSON



Books:

No libraries in your county have Arthritis Foundation books. Please see surrounding counties.

Rheumatologists:

There are no rheumatologists located in your county. Please see surrounding counties or rheumatologists located in [Omaha, Lincoln, NEBRASKA](#) or [St. Joseph, Kansas City Metro Area, MISSOURI](#).

Programs:

Arthritis Foundation Aquatic Program

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Currently, there are no Arthritis Foundation Aquatic Program classes offered in your county. Please see surrounding counties.

Arthritis Foundation Exercise Program:

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

The Holton Community Hospital is offering the Arthritis Foundation Exercise Program classes in Jefferson County in various locations.

Updated: August 26, 2005

Holton Community Hospital
Holton, KS 66436
<http://www.rhrjc.org/hch.html>

For days, times and
location call:
785-364-2116 Ext. 2145

Support Groups:

There are no support groups located in your county. Please see surrounding counties.